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Awash in Non-Ionizing Radiation: The Elephant in the Room.

Posted by [GreenSwanStaff](#) at June 4th, 2013



Last week, ABC News along with other major news outlets, covered the story about a recent Danish high school science project which has made headlines throughout the scientific community. The group of 9th grade students studied the effects of Wi-Fi on plant growth. Following meticulous scientific method, the students concluded that Wi-Fi exposure indeed stunted the growth of cress plants. In fact, the data showed that with the Wi-Fi exposed plants, there was no germination to speak of and most had simply turned brown and died.

That same week, the Thai mobile telecom company, Dtac, began promoting its new “mobile Wi-Fi” service which turns wandering dogs into mobile hot spots by attaching Wi-Fi routers onto their collars.

Both the headline excitement about plant death with Wi-Fi exposure and the “mobile dog Wi-Fi” service should be cause for outrage, not because of the revelation of Wi-Fi dangers but rather because there has been ample science dating back several decades demonstrating that non-ionizing radiation damages living tissue.

The 2011 published scientific review titled: “Long-Term Exposure to Microwave Radiation Provokes Cancer Growth - Evidences from Radars and Mobile Communication Systems,” presents a brief review of seminal work which identified health risks associated with proximity to non-ionizing radiation sources. Sponsored jointly by the European Community and the Ukrainian National Academy of Sciences, this article traced data going back to the 1950s which showed direct links between exposure to microwave sources and cancer. A few specific types of cancer referenced in the article include: Glioma (brain cancer), testicular, parotid gland, melanoma, and lymphoma.

More recent studies demonstrate behavioral and developmental challenges to rodent offspring exposed to microwave radiation in utero. Yale University’s Dr. Hugh Taylor’s 2012 work titled, “Fetal Radiofrequency Radiation Exposure From 800-1900 MHz-Rated Cellular Telephones Affects Neurodevelopment and Behavior in Mice,” is one published study which establishes damage due to

cellular exposure in the womb.

Faced with the growing evidence which associates pathology to non-ionizing radiation exposure, the American Academy of Pediatrics in July of 2012 issued a letter to the FCC articulating the dangers of such exposure to children and formally requesting the government to conduct a full review and re-evaluation of the safety guidelines around cell phone use and exposure.

So why should the media or the public get excited about cress dying with Wi-Fi exposure? Why are we not paying attention to the science which is barreling down the pipeline and demanding pre-cautionary use of non-ionizing radiation technology? Folks, this is the elephant in the room. In addition to the proliferation of our wonderful and indispensable cell phones, the explosion of non-ionizing radiation sources is now streaming through our environment 24/7. Just drive down your street and let your cell phone tell you how many Wi-Fi signals are operating within range of your device. Don't be surprised if you see upwards of 14 or so!

The best way for us to minimize our exposure is to distance ourselves from the source. This includes keeping far away from Wi-Fi routers and holding your cell phone at a safer distance back from your head and body when in use.

For more information on the effects of non-ionizing radiation exposure, watch the documentary "Resonance: Beings of Frequency."

http://www.youtube.com/watch?v=5M_WOpdffM

Category: Cellphones and Health Consequences Post Tagged with Non-Ionizing Radiation, ong-Term Exposure to Microwave Radiation Provokes Cancer Growth - Evidences from Radars and Mobile Communication Systems, Wi-Fi exposure

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May is National Brain Tumor Awareness Month

Posted by [GreenSwanStaff](#) at May 17th, 2013



It may come as a surprise to learn that brain tumors are the second leading cause of cancer death in people under the age of 20. What is to account for this tragedy? This is but one of the epidemiological unknowns that continue to baffle scientists. Perhaps with additional studies, answers will come. In the meantime, we should encourage our youth to engage in lifestyle habits which support neurological health. Maintaining adequate distance between the head and cellular telephones is one example of a healthy habit which needs to be ingrained in our youth. The developing skull is more vulnerable to radiation absorption and as such could be subject the brain to damage beyond that which may affect adults.

The World Health Organization's cancer agency, IARC, just published late last month its monograph categorizing cell phone radiation as a "Group 2B possible carcinogen." IARC articulated specific concerns regarding children. On page 408, the agency stated: "Due to the closer proximity of the phone to the brain of children compared with adults, the average exposure from use of the same mobile phone is higher by a factor of 2 in a child's brain and higher by a factor of 10 in the bone marrow of the skull." In addition, the agency linked the use of cell phone radiation exposure and brain cancer: "Positive associations have been observed between exposure to radiofrequency radiation from wireless phones and glioma and acoustic neuroma." (p. 421)

Our modern world would be a dull place and not too "modern" without the gifts of ingenuity and innovation. That said, numerous life-style changing consumer goods, with all their wonder, have often been made better through consumer advocacy and protections. Consider the example of the

car. Seatbelts and airbags have added additional safety and security not present in the first generations of vehicles. Cell phones, the wonder of the 21st century, must be used more safely than the current consumer trend. Simply heeding the manufacturer recommendations of providing adequate distance between the cellular device and the body will vastly reduce radiation exposure. As parents and adults, it's our job to remind our kids about cell phone radiation exposure and the need to keep the phone back away from the head and body.

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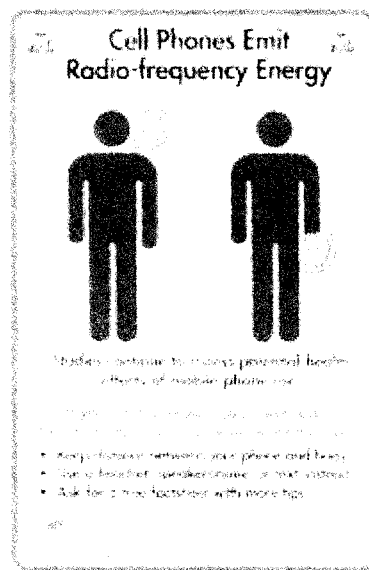
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San Francisco's "Right to Know" Law

Posted by [GreenSwanStaff](#) at April 23rd, 2013



Last Tuesday the Rules Committee of the San Francisco Board of Supervisors voted unanimously to recommend to the full Board that the Cell Phone Right to Know Act, passed by the Board back in 2010, be rescinded.

There seems to be some concern that the Board does not want to saddle the City with attorney fees exposure and as such they would rather repeal the ordinance than continue defending their position in Federal court.

Numerous scientists and concerned members of the public encouraged the Rules Committee to pause and not jump to a recommended position for repeal in light of recent peer reviewed studies indicating the association of cell phone radiation exposure and pathology.

For background, it's important for readers to know that the Right to Know Act requiring the posting of SAR ratings and proximity information at cellular phone stores was championed by then Mayor Gavin Newsom and subsequently passed with near unanimity by the San Francisco Board of Supervisors in 2010.

So why the about face by the Board now? The CTIA (Cellular Telephone Industry Association) promptly filed a lawsuit back in July 2010 against such a required ordinance claiming that it would confuse and unnecessarily alarm the public. In fact, the City was only interested in posting health information regarding precautions and proximity suggestions when using cell phones. The SAR rating information already is included in the cell phone information manuals which come with our phones when we purchase them. Hence the City was not interested in communicating new information to the public but rather in making sure that the proximity warnings mandated by the FCC were clearly read by the

purchaser. When the data is buried in manuals, it is less likely to be read by the end user.

The final vote by the full Board of Supervisors is on calendar for May 7th. Emphasizing through legislation the Precautionary Principle as to our health when faced with the growing use of cellular communication is overdue. The public, when presented with clear proximity reminders to maintain a safer distance between the device and body, will be better informed and aware of the possible health consequences of improper use. San Francisco should continue its effort to keep its citizens informed.

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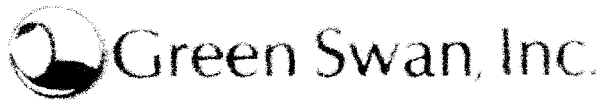
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Cell Phone Radiation: A Class 2B Possible Carcinogen.

Posted by [GreenSwanStaff](#) at May 1st, 2013



Last week while the Rules Committee of the San Francisco Board of Supervisors was getting ready to recommend to their colleagues to reject the Right to Know ordinance supported by 100% of the Board back in 2010, the World Health Organization (WHO) was preparing their monograph outlining the classification of cell phone radiation as a "Group 2B" possible carcinogen.

Specifically, the International Agency for Research on Cancer (IARC) of the World Health Organization stated that "radiofrequency electromagnetic fields are possibly carcinogenic to humans (Group 2B)." The 471 page monograph went on to state specific concerns as to exposure for children: "The average exposure from use of the same mobile phone is higher by a factor of two in a child's brain and higher by a factor of 10 in the bone marrow of the skull." It is important to note that the monograph only studied research on risks of cell phone use and cancer. Numerous peer reviewed studies have demonstrated other risks to humans most notably in the area of reproductive science. DNA strand breakage, sperm collapse and damage to the developing fetus are but a few examples which should concern us all.

In light of this recent IARC publication as well as numerous scientific studies over the last few years showing damage to living tissue from cellular radiation exposure, The City of San Francisco, should pause and research the new data prior to relinquishing their position in support of the Right to Know law.

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Scientific Data Regarding Cellular Radiation Exposure and DNA Damage.

Posted by [GreenSwanStaff](#) at April 16th, 2013



Many readers might be surprised to learn that studies confirming DNA damage due to cellular radiation were conducted over 30 years ago. The research work of Dr. Mays Swicord in 1983, at the University of Maryland, which was sponsored by both the Office of Naval Research and the FDA, demonstrated the heightened effect of non-ionizing radiation on DNA as opposed to its exposure to water. The study stated that: "Based on the concentration of the DNA solution which gave 40% more absorption than pure water at 8 GHz, the microwave absorption of DNA at this frequency is 24 times greater than for an equivalent mass of water." This type of research is key to understanding why the current non-biological liquid solutions used by the FCC to determine SAR safety levels are woefully inadequate. As the Swicord study demonstrated, water does not respond to microwave exposure anywhere near the degree to that of DNA. In short, DNA based testing material is a pre-requisite to establishing adequate SAR safety standards for cell phone radiation exposure.

Other research from the 1990s should remain cause for alarm. Dr. Henry Lai from the University of Washington did extensive work studying EMF radiation effects on living tissue. Through his work Dr. Lai observed DNA strand breakage due to non-ionizing microwave exposure: "From the results of the research, we hypothesize that EMF initiates an iron-mediated process (Fenton reaction) that increases hydroxy free radical formation in cells, leading to DNA strand breaks and cell death." If destruction of genetic material is not alarming enough, additional research conducted by Dr. Lai is worth mentioning. Specifically, his work in the late 1990's testing the long-term memory performance of rats demonstrated that damage occurred after EMF radiation exposure. In one test, rats were "trained" to locate a floating raft in the middle of a pool of water. The rats were separated into two testing groups: one which was exposed to non-ionizing radiation during the training and the other, the control group, remained unexposed to the microwaves. When the floating platform was removed,

the radiated rats could not find their way to the place where the platform should have been. Conversely, the control group had no trouble exercising their long-term memory faculties and located the area where the raft would have been.

Laboratory research on the effects of EMF exposure on living tissue has been ongoing for several decades. Some studies have shown no effects while others, such as those mentioned above, demonstrate laboratory results which show clear damage. In light of these discrepancies and while we await the publication of further peer reviewed studies, we should all practice the Precautionary Principle when the need to use cellular devices arises. Keeping our cell phones at a safer distance from the head and body is but one behavioral gesture we can all easily adopt.

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O.K. Everybody... Raise Your Hand if You Love Your Cell Phone!

Posted by [GreenSwanStaff](#) at April 10th, 2013



It's true and there is no dispute about it... we ALL love our cell phones almost as much as we love ourselves. They say, "a dog is a man's best friend" but dogs have some stiff competition these days as our cell phones are muscling forward and vying for first place in the "love fest" competition.

So what's all this beef going around in the news about the FCC re-evaluating the safety criteria with cell phones? What needs to be "re-evaluated" and why? It's all pretty confusing to consumers who remain awash in divergent news information about cell phone use and safety. In short, the FCC has not re-evaluated its SAR (Specific Absorption Rate) standards since 1996. As there has been quite an evolution in cellular technology since that period, prudence suggests that it is time to re-examine the testing and criteria.

Many cell phone users are aware that the current SAR ratings state that our cellular devices should not be brought closer than roughly an inch away from the head or body during use. Furthermore, the current testing limits are based on a maximum of 6 minutes of usage per day. Wow! That's kind of scary considering most folks use their phones a lot more than that! In short, pulsed microwave radiation, the kind of radiation that comes out of cell phones and cell towers, is now prolific throughout our society but its impact on human health remains not well tested when we look closely at the methodology used up to this point.

The current SAR criterion is based entirely on a false premise. The human head shaped model used for testing is that of a 200 plus pound male. Most cell phone users do not fit this criterion. Yet even more

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significant is the fact that there is no human DNA or any biological material used in the SAR testing process. This is the key to the problem with the SAR methodology: The testers are using "tissue-equivalent liquid" which contains "sugar, salt and distilled water" but not human biological material. How can the testing results have any bearing on human health and safety standards if they are only testing with inert materials? This is the central problem. Frankly, there is no shortage of available human test subjects as we have all been using cell phones for well over a decade. So why test for safety using materials which are inert and have no relationship with human DNA or biology? The testing method and material for SAR ratings must change to include biological living tissue. Anything short of this cannot produce authentic results with respect to human health and safety.

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Cell Phone Radiation Exposure and the Rise in ADHD

Posted by [GreenSwanStaff](#) at April 3rd, 2013



Recent data from the CDC suggests that over the last 10 years there has been a sharp increase in the number of children diagnosed with Attention Deficit Hyperactivity Disorder. This rise of more than 16% since 2007 suggests that environmental factors could be contributors. Much of the commentary throughout the media quoted doctors and scientists stating that over-reporting and misdiagnosis had

much to do with the statistical numerical spike.

Errors could play a role in these skyrocketing numbers but there are plenty of lifestyle culprits which may also be contributors. A few of the commonly understood influences include: Junk food, too much television and video games and poor diet. Among these potential contributors, cellular radiation may also play a role. The exponential rise in cell phone use parallels the rise in ADHD.

A major scientific study published last year in Scientific Reports involving mice revealed that fetal exposure to cell phone radiation had an ADHD behavioral effect on the offspring. In short, the study found that mice exposed to cellular radiation in the womb tended to be more hyperactive, while also displaying increased anxiety and reduced memory. Additional studies conducted at Yale University last fall showed similar results.

One of the scientists involved in this research, Dr. Hugh Taylor, stated that “we need to start thinking about how much is safe in humans and limit that exposure... we need to be careful about radio-frequency exposures in pregnant women... The radiation may have consequences on the developing brain.”

More research is needed at this point yet this new data clearly suggests that taking precautions around cellular technology, especially for pregnant women, would be advisable.

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Cell Phone Dangers and Driving: New Evidence Supports Keeping Our Phones Off.

Posted by [GreenSwanStaff](#) at March 26th, 2013



Recent studies have shed additional light on the hazards associated with cell phone use in cars. With 69% of U.S. drivers admitting to using their phones while driving despite laws prohibiting them from doing so, it's no wonder that the National Transportation Safety Board is advocating a full ban on cellular phone use by drivers including hands-free. The NTSB is undoubtedly aware of the numerous studies which indicate that distracted driving continues even when hand-free cellular communication methods are used to replace hand-held devices. Why is this so? Microwave radiation emitted through cellular transmission is magnified in an enclosed "Faraday Cage" such as a car. The microwave bounce is causing disorientation. Studies compared drivers who communicated using hands-free cellular methods verses drivers who chatted with passengers. Interestingly, the solo drivers engaged in hands-free cell communication had far more traffic incidents. It is critical for us all to turn off our phones while in the car. The Journal of Exposure Science and Environmental Epidemiology recently published a study concerning dangerous levels of cellular radiation exposure when phones are left in stand-by mode in cars, buses, and trains. As the phones reach to find signal with every passing cell tower and transmitter, the radiation "bounce" within the vehicle can be significant enough to harm passengers. Those especially vulnerable to this EMF radiation exposure include babies, pregnant women and children. Dr. Joel Moskowitz of U.C. Berkeley's Center for Family and Community Health has stated that this second hand radiation exposure could constitute a significant public health problem.

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Autism Rises, Monarchs Decline.

Posted by [GreenSwanStaff](#) at March 22nd, 2013



Two recent news stories about the shocking rise in autism cases and the collapse of the migrating monarch butterfly population beg for discussion as to the possibility of a shared causality.

Several recent scientific studies highlighted in the 2012 BioInitiative Report point to the need to further investigate EMF exposure via cellular communications and Wi-Fi as a contributing environmental cause for autism. Specifically, the comprehensive 60 page report by Dr. Martha R. Herbert, Ph.D., M.D., professor of pediatric neurology at Harvard University, titled "*Findings in Autism (ASD) Consistent with Electromagnetic Fields (EMF) and Radiofrequency Radiation (RFR)*," reminds us of the proliferation of wireless infrastructure over the past 15 years and its potential adverse impact on living tissue. U.S. cell tower installations have jumped from 36,000 in 1997 to more than 260,000 by June of 2012. Cell phone subscriptions have matched this growth increasing from 49 million in 1997 to over 322 million in 2012.

Dr. Herbert cautions us that EMF/RFR exposure may contribute to autism. As the growth in wireless technology seems to parallel the rise in autism, parents and expectant parents would be well advised to take precautions and limit their environmental exposure to EMF/RFRs.

Monarch butterflies may well be communicating to us yet another cautionary tale. Scientists have been measuring their migrating population numbers and alarmingly, those butterflies that managed to complete the migration to Mexico this year represented the lowest level in two decades. Some scientists attribute the rapid decline in numbers to the North American drought and the increased use of pesticides and converted farmland, which may be crowding out the butterflies' food source.

EMF/RFR exposure may also be contributing to the Monarch's decline. Numerous studies have measured the adverse effects of cellular installations on bees, birds, plants and insects. As Monarch butterflies migrate using the Earth's magnetic field, it stands to reason that a manipulation of the electromagnetic fields by man-made technology may well be affecting the butterflies' capacity to navigate accurately. Further studies need to take place but much data has already demonstrated the negative impacts of EMF exposure on various types of living tissue - from plants, to insects and birds, to mammals.

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EMF and Microwave Radiation Studies: Highlights from the 2012 BioInitiative Report

Posted by [GreenSwanStaff](#) at March 13th, 2013



Just released at the end of December, the long anticipated follow-up work to the 2007 study proved instructive in both the data conveyed and the increased online interest in reading the report. In the first 30 days post publication, the 2012Report had over 2.5 million hits. In addition to members of the public, visitors included scientists, telecom and software companies and governmental agencies.

The report summarized over 1800 studies conducted since 2007. Importantly, the report stated that safe levels of microwave radiation may many thousands of times less than current government regulations. The bio effects of pulsed microwave exposure were repeated in many studies. Adverse effects on male fertility, fetal development, blood brain barrier damage, genetic and neurological damage and increases in the autistic spectrum were all observed in association with microwave radiation exposure. Due to the increased quantity and strength of exposure, we can anticipate that entire physiological systems will start to malfunction. Brain wave changes, sleeping patterns and endocrine and immune systems are beginning to show the effects of saturated exposure.

It is critical for the public to understand that we will not biologically adapt to pulsed microwave radiation. The long term effects of exposure are potentially devastating and they are permanent. In short, pulsed microwave radiation is very bio-active and harmful to humans and all living things.

The autism study was interesting in that there is yet to be shown causal evidence of a direct connection but it may be that the EMF exposure compromises a child's already fragile immune system. One doctor noted that with the current rate of 1 in 60 children with autism, we may face the reality that by 2050, most children will have symptoms somewhere on the autism spectrum.

With such alarming scientific information coming forth, and with a society now seemingly dependent on mobile devices and constant wireless connectivity, how do we slow down and re-initiate the Precautionary Principle with respect to EMF and microwave devices? The following list includes a few suggestions to help you and your loved ones reduce your exposure:

- 1) Pregnant women and women trying to conceive should avoid wireless devices entirely.
- 2) Children should not use wireless devices.
- 3) Keep all wireless devices away from the head and body. Never use cell phones directly up against the head or left "on" in your pockets next to your physical body.
- 4) At home, avoid wireless connectivity if possible. If Wi-Fi is installed, turn it on only when it is required for use.
- 5) Be aware of your neighborhood and which neighbors are using Wi-Fi. Their electro-smog can affect your living environment.
- 6) Learn about the dangers associated with Smart Meters and opt out of these installations where possible.
- 7) Reduce your use of Wi-Fi enabled tablets, cellular phones, computers and entertainment consoles.
- 8) Use Ethernet wired connections as much as possible. If we limit the use of cell phones and wireless devices for downloads, we can greatly reduce ambient microwave radiation.

For more detailed information, please visit www.bioinitiative.org

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From Mainstream Media to Main Street America: Recent Warnings about the Wireless World.

Posted by [GreenSwanStaff](#) at March 6th, 2013



Here are a few highlights...

- There has been a flurry of late in terms of media coverage on EMF dangers. Kristin Fisher, a reporter with WUSA9 out of Washington, D.C produced a compelling story about the electromagnetic "sensitives" who have found refuge in Green Bank, West Virginia. Thanks to the Green Bank deep space telescope installation, this is one of the few places in the United States designated as a Radio Quiet Zone. No cellular towers or Wi-Fi microwave installations are permitted. Folks who are plagued by electromagnetic hyper-sensitivity disorder have been flocking to Green Bank from all over the world. This means of course abandoning their homes and jobs to come to a place where they will be free from experiencing constant pain and suffering. The BBC in February also picked up this story and produced a lengthy television piece on this topic about a woman from England who had moved to Green Bank to escape the ravages of her electromagnetic disorder.
- The Israeli major daily, Haaretz published yesterday the story of a major Israeli telecom company, Partner Communications, that just settled for over \$108,000 a complaint that cell phones caused the ear cancer in one of its customers. This could represent just the beginning in terms of legal action against telecom companies for illness and pathology stemming from cell phone radiation exposure.
- In February, two pilots with Alaska Airlines fainted during flights. Perhaps not coincidentally, their planes had been recently equipped with in-flight Wi-Fi capability. For those who are not aware, Wi-Fi and cellular pulsed microwave radiation is particularly hazardous in an enclosed metallic space such as a plane, bus, train, car or elevator. The Faraday Cage effect of such an enclosure allows the signal to bounce off the shell of the enclosed space indefinitely. Consequently, the adverse radiation exposure to humans and other life forms is considerably enhanced. The FCC needs to initiate studies forthwith to demonstrate to the American public that in-flight Wi-Fi can be made safe. Until such time, Wi-Fi installations on U.S. airlines should not be permitted. Passenger safety cannot be put at risk just for the sake of passenger entertainment.
- The popular television show, Mike and Molly, had some interesting and funny dialogue in February about sperm damage due to cell phone placement in men's pockets. Although this is a comedy show, the topic was important and illustrated the vital health and safety point about keeping cell phones away from the body!
- On February 8th, Dr. Martha R. Herbert, PhD., M.D., from the Harvard Medical School sent out a

district wide warning to the Los Angeles Unified School District about the dangers to children of Wi-Fi installation throughout their schools. Pulsated microwave radiation has now been associated with an increase in autism, depression, ADHD among other mental and physical pathologies.

- The City of Sebastopol in Northern California has recently passed an ordinance allowing homeowners to refuse the installation of Smart Meters on their property. The City Manager has assured PG&E, the regional gas and electric company, that the local sheriff will enforce the law if trespassing occurs.

These are a few recent news and media highlights. Check out our Facebook for current updates.

Category: Cellphones and Health Consequences Post Tagged with EMF, Harvard Medical School, Mainstream media, microwave radiation, Smart

Meters, sperm damage, Wi-Fi hazard

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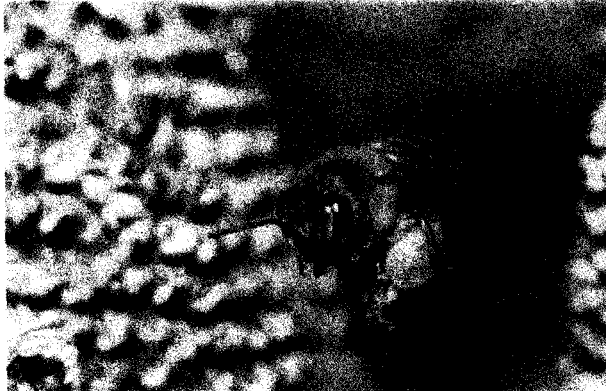


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Potential EMF Hazards for Kids: Just Look at the Birds and the Bees.

Posted by **GreenSwanStaff** at February 27th, 2013



2012 was a watershed year in terms of published research into the dangers of EMF exposure including cell phone radiation, cell towers, Wi-Fi, Smart meters, etc. Parents all over the world are forming groups and taking steps to make their positions heard in both public and political arenas. The anticipated FCC approval for Wi-Fi use in airplanes adds a fresh assault particularly to children and babies as their physiologies are the most vulnerable. How do we know that our children are at severe risk? There are no shortages of “canaries in the coal mine” within nature to underscore the need for precaution and raise the hair on the neck of every parent!

For years now, scientists have been studying EMF effects on plants, trees, insects, migratory fowl, and honey bees. Professor Denis Henshaw of Bristol University states that there are over 8000 research articles describing microwave radiation and its effect on the plant and animal kingdoms. The results are alarming; showing plant die-back, pathology, migration confusion and colony collapse syndrome. Farmers have observed deformed egg production where roosting hens are in proximity to cell towers. Larger farm animals display compromised immune systems.

It’s interesting to note that the planetary wide honey bee collapse began roughly ten years ago, just as the installation of cell towers began in feverish earnest. For humans, as we are complex mammals, the deleterious health effects may not be known for some time but it stands to reason that if manmade EMFs are adversely affecting various lower life forms in nature, we cannot be far behind. We already know that worldwide, men are experiencing sperm collapse. Fetal damage to embryos has also been measured due to maternal cellular use during pregnancy.

What can we do? Stay informed and stay active: Communicate your concerns to the appropriate news outlets, advocacy groups and governmental agencies. Parents, keep your kids at a safer distance from microwave sources. Practice safer cell phone use by keeping the device away from the head and body. Keep the phone off while driving and any Wi-Fi connection off when not in use. Your children’s health depends on your behavior. Lead by example.

★ **Category:** Cellphones and Health Consequences 🍯 **Post Tagged with** cell towers, colony collapse., honey bee collapse

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Screen Junkies Part II

Posted by [GreenSwanStaff](#) at February 20th, 2013



There is no end to the conversation about children's welfare being jeopardized by too much screen time. In short, children modernly are allowed to spend excessive time in front of and interacting with technology. While advances in technological innovations have their advantages, the adverse effects of too much screen time on children's developing minds and bodies is cause for pause and caution where potentially constant access to such devices is concerned.

Some well-financed schools have recently distributed tablets to each student adhering to the philosophical position that education needs to prepare children for the 21st century and that technology is the driving force behind much that they need to learn. Interestingly, the schools that launched the "one tablet, one child" campaign have in many cases been re-evaluating this decision. It quickly became obvious that the children knew more about the technology than the faculty: stealthily switching back and forth between app games during school and using the devices more as toys than tools. This outcome should have been obvious to school administrators but all bureaucracies love to "invest" in the cutting edge.

Children who have been handed tablets as primary learning devices in school have demonstrated another alarming side-effect: They became "hooked" on the tablet, constantly needing to touch and interact with it even when not in the course of their school work. Basic academic skills have not improved with the use of the tablets as primary pedagogical tools. Additionally, the "one tablet, one child" environment also meant that the children were exposed to Wi-Fi throughout the school day. Dr. Henry Lai at the University of Washington has noted a dopamine reflex with microwave radiation exposure — Wi-Fi and cellular microwaves can carry potentially addictive properties. In short, we can become "hooked" on our wireless devices.

Dr. Martha Herbert, a professor at the Harvard Medical School, recently sent a letter to the Los Angeles Unified School District requesting that they reconsider using Wi-Fi in their schools due to the harmful effects of such radiation exposure that she and other scientific colleagues have been uncovering. Dr. Herbert is not alone in her concerns. Wary about adverse health effects, several European countries have taken steps to remove Wi-Fi connectivity from their schools and libraries.

The 21st century has ushered forth spectacular advances in technology. The question to ask ourselves is whether or not we are ready to flood our homes, schools and workplaces with devices and connectivity methods which may potentially have harmful effects on our physiology. We have a moral obligation to take special care where children are concerned. From us, children deserve priorities which focus on their health and well-being. We need to examine how we are helping them prepare for life and work in the 21st century. Ask any parent and they will tell you that their child "gets" technology intuitively. So instead of convincing ourselves that schools must focus on a future where our children will need to be prepared to "work in the cloud," let's focus instead on helping them today to learn to stand firmly on the ground. For kids, the basics in school never go out of date: Reading physical books, the hand-written word and basic arithmetic. These combined with discussion, reflection, rhetoric, and engaging artistic and physical activities are the keys to the kingdom of successful education. Our children can achieve this now, just as we did back in the "old days." Some human truths never grow old.

Category: Cellphones and Health Consequences Post Tagged with alarming side-effect, children's welfare, Dr. Henry Lai, microwave exposure

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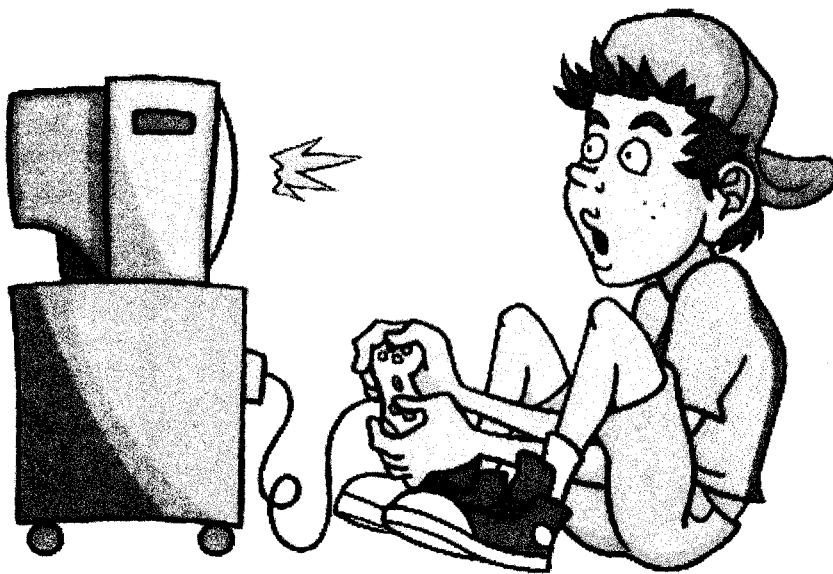
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Childhood and Addiction

Posted by [GreenSwanStaff](#) at February 13th, 2013



Sometimes our world, constructed by adults, seems completely oblivious to the deleterious effects it is having on child development. It is time to ask ourselves if we are destroying childhood and turning children into addicts for our own gain or entertainment. This is a scary topic which demands our full attention if we are to shift our direction towards a healthier, safer world for our children and all creation.

The American media has propelled itself back into the topic of violence resulting from video games in light of the recent tragedy in Newtown, Connecticut. Many folks within the media and video industry say there is no conclusive evidence connecting violent content in their productions with a corresponding propensity towards violent behavior among those who view such movies, games etc. Not surprisingly, there is no shortage of professionals and advocates who state that violent content does produce deleterious effects on the human system through viewing and "participation" with violent gaming.

What about addiction? Can we get "hooked" on violent content, unable to disconnect once engaged? Just ask any parent of a kid with video games in the house and they will say unequivocally, "yes!" Parents of boys especially are hounded to allow the latest "T" and "M" rated games that "all the other kids have in their homes." This is tough because of the peer pressure aspects of adolescence but parents need to understand that first shooter violent video games have no place in a child's life or psyche. Please think long and hard before you let these into your child's life.

Other forms of addiction and dependency can take hold of children as well and produce a kind of "dissociative cocktail" deleterious to both mental and physical health. Some children are prescribed

pharmacology for a variety of reasons. Combined with unhealthy lifestyles, children may not receive the full benefits of such prescription. Even if parents are keen not to allow hardware and software into their homes with which children can view violent content, what about Smart phones? Remember that game applications can now be downloaded easily onto phones, touch devices and tablets wherever a Wi-Fi link is established. Many of these “games” are free and many have violent content that children should not be exposed to. Yet it is important to remember that a child does not have to play games on their cell phones to receive the negative effects of addiction.

Professor Paul Dolan, an expert in psychology at the London School of Economics warns of nervousness and mental illness now associated with continual cell phone use. Dolan is concerned that the nervous stress of checking cellphones combined with the distraction of constantly switching attention from one thing to another, might drive people into mental illness over time. Just carrying the phone around can cause stress and hallucination called the “phantom phone vibration syndrome.” The nervous system remains on high alert as it is stuck in a constant state of anticipation. This is not good for the body or mind, especially where children are concerned. Sleep patterns are also affected by cell phone use. This is called “cell phone insomnia” and it refers to the sleeplessness caused by the disruption of brain waves due to cell calls made prior to going to bed. Parents, does this sound familiar?

Back in the days when “screen time” was novel, there was not a ubiquity of products on the market ready to flood our families and affect our lifestyles. Today, it is nearly impossible to escape screens and cellular connectivity. As parents though, it is our job to toe the line and make the hard decisions when necessary. Children have no business watching violent content or spending their days chatting on cell phones. Think about removing screens out of your child’s bedroom. Screens can have an isolating effect on child development and it’s hard to know what kids are watching or doing behind closed doors. Think about ways you can re-invigorate your family’s “together time.” We are children just once. As parents, let’s make our kid’s childhood a safe and a wholesome one. Let’s empower and free our kids to grow into competent and stable adults ready and clear-eyed to take on the task of humanity’s stewardship. The whole planet will be grateful!

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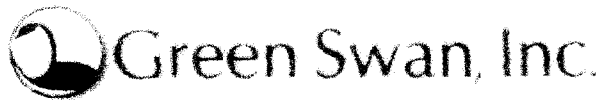
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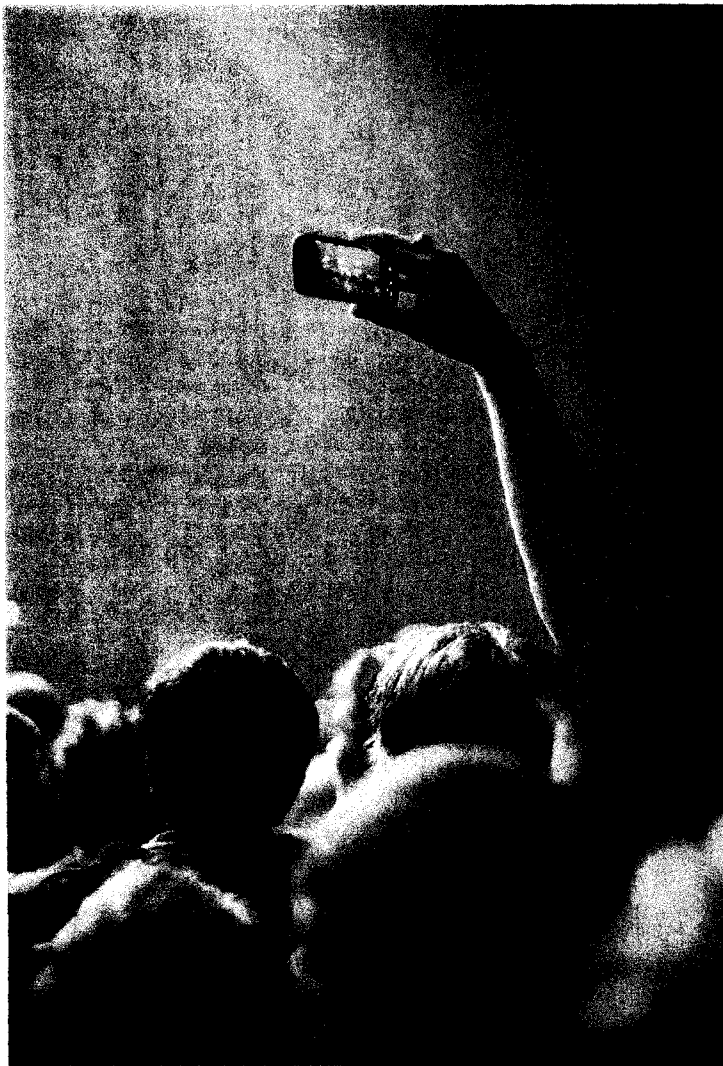
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Are the Kids Killing us?

Posted by [GreenSwanStaff](#) at January 30th, 2013



Are the Kids Killing us?

From the Inauguration, to parades and parties galore... cellphone video and picture streaming is everywhere. It used to be that you could stand and enjoy a parade passing by but these days you and your friends are blocked by a sea of folks, holding up their phones and videoing the event to share it

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